

# CFAS welcomes Stennis strike group to Sasebo



Elements of the USS John C. Stennis Carrier Strike Group (CSG) will visit Fleet Activities Sasebo (CFAS) this week as part of their scheduled overseas deployment. The visiting ships include USS John C. Stennis (CVN 74), with Carrier Air Wing Fourteen embarked, destroyer USS Howard (DDG 83) and replenishment ship USNS Ranier (T-AOE-7). (Official U.S. Navy Photo by PH3 Mark Rebilas)

## STENNIS FACTS



### Dimensions

Length of flight deck: 1,092 ft  
Width of flight deck: 257 ft  
Height keel to mast: 244 ft  
Area of flight deck: 4.5 acres  
Weight of carrier: 97,000 tons  
**Propulsion System**  
Type: Nuclear reactor  
Number of reactors: 2  
Maximum speed: 30+ knots  
Number of screws: 4  
Weight of screws: 66,200 lbs each

### Flight Deck/Air Wing

Number of catapults: 4  
Number of aircraft elevators: 4  
Size of Air Wing: 80+ tactical aircraft

### Miscellaneous

Builder: Newport News Shipbuilding  
Keel laid: March 13, 1991  
Commissioned: December 9, 1995  
Crew: 5,000 (including air wing)  
Meals served daily: 16,600  
Compartments: 2,700  
A/C plant capacity: 2,900 tons (enough to service 950 homes)  
Distillation plant capacity: 400,000 gals (enough to serve 2000 homes)  
Telephones: 2,000  
Structural steel: More than 60,000 tons  
Miles of cable and wiring: over 900  
Light fixtures: more than 30,000  
Cost: \$3.5 billion; projected service life: 50 years

# Port visits part of regularly scheduled deployment

CFAS Public Affairs

Elements of the USS John C. Stennis Carrier Strike Group (CSG) will visit Japan August 20-25, 2004, as part of their scheduled overseas deployment.

Specifically, carrier USS John C. Stennis (CVN 74), with Carrier Air Wing Fourteen embarked, destroyer USS Howard (DDG 83), and replenishment ship USNS Ranier (T-AOE 7) will visit Sasebo; cruiser USS Lake Champlain (CG 57) will visit Shimizu; and frigate USS Ford (FFG 54) will visit Tokyo.

The purpose of the port visits is to allow the ships to replenish and conduct maintenance while giving crewmembers a chance to participate in friendship and goodwill activities such as community service projects.

“The officers, men and women of USS John C. Stennis are very excited to be visiting Sasebo,” said USS John C. Stennis Commanding Officer Capt. David H. Buss. “For many, including myself, this will be our first visit to this region of Japan. We have heard nothing but wonderful things about the warm hospitality, rich history and vibrant culture associated with Sasebo City and Nagasaki Prefecture.

“This visit provides not only an opportunity for Stennis strike group Sailors to make new friends and experience the wonderful Japanese culture, but it also will allow the people of Sasebo to meet the fine

men and women who proudly represent USS John C. Stennis and the United States Navy.”

During the deployment the Stennis CSG has participated in a Joint Air-Sea Exercise (JASEX) with the USS Kitty Hawk CSG, elements of the USAF 18<sup>th</sup> Wing out of Kadena Air Base, and forward deployed elements of the U.S. Marine Corps 3<sup>rd</sup> Marine Expeditionary Force in Okinawa.

The mission of USS John C. Stennis and her embarked Air Wing is to conduct sustained combat air operations while forward deployed in the global arena. The embarked Air Wing consists of eight to nine squadrons. Attached aircraft are the F/A-18 Hornet, F/A-18E Super Hornet, F-14 Tomcat, EA-6B Prowler, S-3 Viking, E-2C Hawkeye, and SH-60 Seahawk.

The Air Wing can destroy enemy aircraft, ships, submarines, and land targets, or lay mines hundreds of miles from the ship. USS John C. Stennis’ aircraft are used to conduct strikes, support land battles, protect the Strike Group or other friendly shipping, and implement a sea or air blockade.

USS John C. Stennis’ two nuclear reactors give her virtually unlimited range and endurance and a top speed in excess of 30 knots. The ship’s four catapults and four arresting gear engines enable her to launch and recover aircraft rapidly and simultaneously.

## SASEBO WEATHER

### Saturday

Mostly Sunny  
High: 85° F  
Low: 78° F

### Sunday

Mostly Cloudy  
High: 89° F  
Low: 79° F

## DAYS SINCE LAST DUI/DWI

(as of August 19)

25

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CFAS SAFETY DEPARTMENT  
FLEET AND FAMILY SUPPORT CENTER  
DoDDS  
NAVY EXCHANGE–SASEBO  
USS ESSEX (LHD 2)  
USS HARPERS FERRY (LSD 49)  
USS FORT MCHENRY (LSD 43)  
USS JUNEAU (LPD 10)  
USS GUARDIAN (MCM 5)  
USS PATRIOT (MCM 7)  
USS SAFEGUARD (ARS 50)

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*Sasebo Soundings*  
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FPO AP 96322-1100

# CO welcomes Stennis carrier strike group ships to Sasebo

**Capt. Michael L. James**  
*Commander, Fleet Activities Sasebo*

*Yokoso Sasebo e* (Welcome to Sasebo) to the officers and crew of USS John C. Stennis, USS Ranier and USS Howard. I sincerely hope you find the next few days here in Sasebo to be relaxing, enjoyable and interesting. Aside from being the homeport for the only forward deployed Expeditionary Strike Group in the United States Navy, Fleet Activities Sasebo is a critical logistics center for Navy and Marine forces operating in the Seventh Fleet area of responsibility.

The city of Sasebo has a rich and colorful history, having served first as a host to the Imperial Japanese Navy and then the United States Navy for approximately 120 years. Located on the western side of the Island of Kyushu, Sasebo is a gateway to the many sights and recreational opportunities in southwestern Japan. Unlike the congestion and urban landscape of the Tokyo-Yokohama-Yokosuka area, Sasebo is situated in a rural and extremely peaceful area of Japan. When first viewed by President Ulysses S.



CAPT. MICHAEL L. JAMES  
COMMANDER, FLEET ACTIVITIES SASEBO

Grant, the first former US President to visit Japan, he described the country side of Kyushu as “beautiful beyond description”.

Fleet Activities Sasebo has long enjoyed the warm friendship of the local community and I hope you will also get an opportunity to enjoy the hospitality of the City of Sasebo and the citizens in the Kyushu region. Many former and current US Navy Sailors refer to Sasebo as “the best kept secret in the United States Navy” because of the lifestyle afforded those fortunate enough to spend some time here.

All of us here at Fleet Activities Sasebo are working hard to make your stay as memorable as possible. In this issue of Soundings, you will see the list of services, tours, and attractions available to you both on and off base. Also, in the prominent “Hot Link” box on the command’s official unclassified Web site you will find an abundance of useful information at your disposal. Please access that link at <http://www.cfas.navy.mil>. I encourage you to take advantage of as many of these opportunities as possible.

Again, welcome to Sasebo, and enjoy your port visit.

## Sasebo Naval Base: History of service to the fleet

**Capt. Michael L. James**

The important bilateral relationship between Japan and the United States which exists today is very much in evidence at Fleet Activities Sasebo, where ships of the Japanese Maritime Self Defense Force and United States Seventh Fleet share this excellent port.

Sasebo has been an important naval base since 1883, when Lt. Cdr. Heihachiro Togo nominated the tiny fishing village to form the nucleus for an Imperial Japanese Navy base. In 1904, Japanese Navy ships under Adm. Togo sailed from Sasebo to take on the Russian Baltic Fleet. Admiral Togo’s victory at the Battle of Tsushima is a classic in naval history.

The Imperial Japanese Navy had 60,000 workers in the dock yard and associated naval stations here at the peak of World War II, outfitting ships, submarines and aircraft. In those days, just as today, Sasebo was a favorite liberty port for navy personnel.

In September 1945, the U.S. Marine Corps Fifth Division landed at Sasebo, and in June 1946, U.S. Fleet Activities Sasebo was established.

When war broke out in Korea three years later, Sasebo became the launching point for United Nations and U.S. forces. Millions of

tons of ammunition, fuel, tanks, trucks and supplies flowed through Sasebo on their way to Korea. The number of Americans in



Sasebo grew to about 20,000; some 100 warships and freighters per day swelled the foreign populations here still more.

After the Korean war, the Japanese Self Defense Forces were formed, and Japanese Maritime Self Defense Forces ships homeported in Sasebo. U.S. Fleet Activities continued to support ships of the U.S.

Seventh Fleet. Service Force ships as well as minecraft made Sasebo their homeport.

Fleet Activities Sasebo provided heavy support to the expanded Seventh Fleet during war in Southeast Asia. Repair work done by Japanese shipyards in Sasebo was, and is still, equal to the best in the world. In the mid-seventies, U.S. Fleet Activities Sasebo became Naval Ordnance Facility, Sasebo, and fleet visits dwindled.

On July 4, 1980, Fleet Activities Sasebo regained its name and once again Seventh Fleet ships were forward deployed to Sasebo. Sasebo is currently home to: USS Essex (LHD 2); USS Fort McHenry (LSD 43); USS Juneau (LPD 10); USS Harpers Ferry (LSD 49); USS Guardian (MCM 5) and USS Patriot (MCM 7), USS Safeguard (ARS 50) and some 5,600 Americans as part of the forward deployed naval forces.

Fleet Activities Sasebo played a vital logistics role in Operation Desert Shield/Storm from 1990-91 as a supply point for ordnance and fuel for ships and Marines operating in the Persian Gulf theater.

Today, as throughout its history, Fleet Activities Sasebo stands ready to support Seventh Fleet units as they continue to ensure peace and security in the Pacific region.



*Sasebo Harbor, circa 1908. Since 1883, Sasebo has been home to naval forces (Released by CFAS Public Affairs).*





# CFAS & MWR WELCOMES USS John C. Stennis Carrier Strike Group TO SASEBO, JAPAN



## SPECIAL HOURS OF OPERATION Saturday, August 21 - Wednesday, August 25

MWR SCHEDULE OF EVENTS, SPORTS SCHEDULE & DOWNTOWN MAP ON PAGE 4

### NEX YOUR NAVY EXCHANGE

We are your "Navy Family" store!

NEX Mini Mart: 7 a.m. - 11 p.m.  
NEX Main Store: 9 a.m. - 9 p.m.  
NEX Fleet Store (Electronics/Bookstore): 9 a.m. - 9 p.m.  
Four Seasons Store (Bikes/Luggage/Toys): 9 a.m. - 9 p.m.  
Bayside Foodcourt: 6:30 a.m. - 11 p.m.



## MWR EXTENDED HOURS

**FLEET LANDING**  
Information Booth • 7:30 a.m. - 7:30 p.m.  
Oasis Food & Beverage • Noon - 9 p.m.

**HARBOR VIEW CLUB 252-3965**  
Oriental Garden - Full Service Restaurant  
Breakfast: 6:30 - 9 a.m.  
Lunch: 11 a.m. - 2 p.m.  
Dinner: 5 - 9 p.m.  
Try our nightly Prime Rib Special.  
Harbor Café • 6 a.m. - 9 p.m.  
Chief Petty Officer's Lounge • 11 a.m. - Midnight  
The Tavern (All hands pub) • 3 p.m. - Midnight

**GALAXIES 252-2980**  
The Launch Pad (2nd Floor)  
Food Court • 11 a.m. - 1 a.m.  
Lounge • 11 a.m. - 1 a.m.  
Galaxies Night Club (3rd Floor)  
DJ and Dancing • 6 p.m. - 2 a.m.

**FLEET FITNESS CENTER 252-3588**  
Open daily 5 a.m. - 10 p.m.  
Basketball, volleyball, racquetball, circuit training,  
free weights, gear issue, locker rooms and sauna.

**OUTDOOR SAILING AND ADVENTURE CENTER 252-3500**  
Open daily 8 a.m. - 6 p.m.  
Bike, BBQ and boat rentals  
Scuba Retail Shop  
Rockwall Climbing • Daily 12 - 5 p.m.

**LIBERTY CENTER 252-3756**  
Open daily 11 a.m. - 11 p.m.  
Internet computers / Video games / Mini-theater  
Located upstairs in the Fleet Fitness Center.

**BOWLING CENTER 252-3634**  
Open daily 11 a.m. - 10 p.m.  
11th Frame Snack Bar "Best burgers in Sasebo"

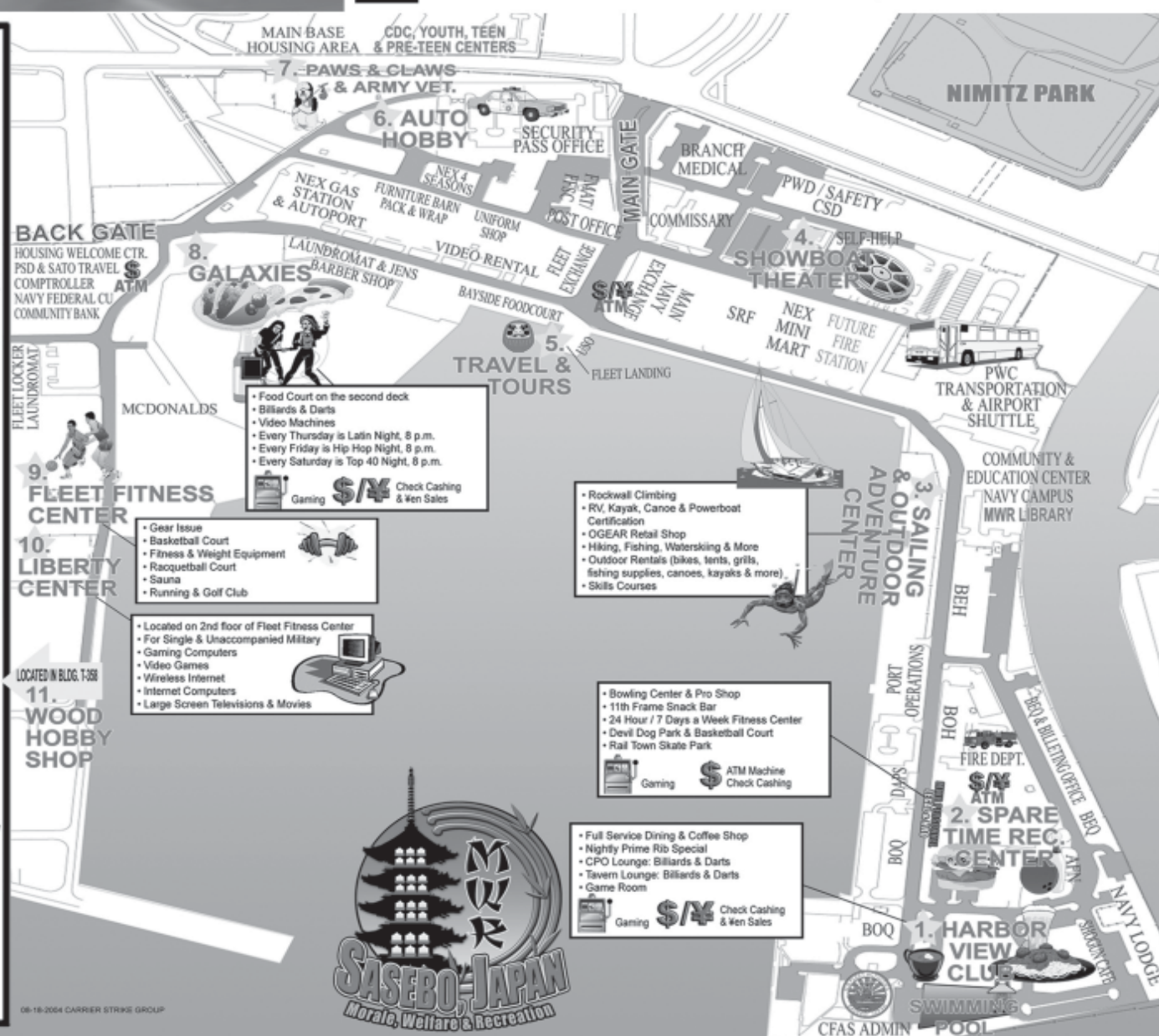
**SWIMMING POOL 252-3712**  
Weekdays  
Lap Swim • 6 - 8 a.m.  
Lap Swim • 11 a.m. - 12:30 p.m.  
Open Swim • 12:30 - 7 p.m.  
Sunday  
Open Swim • 11 a.m. - 7 p.m.

**SHOWBOAT THEATER 252-3822**  
See movie schedule on page 6 or at the Fleet Landing Information Booth.

**NIMITZ PARK**  
See sports on page 4 or at Fleet Landing Information Booth.  
Contact Fleet Fitness Center at 252-3588 for pavilion/field reservations.

## CFAS BASE MAP

- HARBOR VIEW CLUB**  
Phone number: 252-3965  
Check Cashing & Ven Exchange  
Breakfast: Monday - Friday • 6:30 - 9 a.m.  
Saturday • 6:30 - 10 a.m.  
Lunch: Monday - Saturday • 11 a.m. - 2 p.m.  
Dinner: Daily • 5 - 9 p.m.  
Sunday Brunch: 10 a.m. - 2 p.m.  
Puck's Harbor Cafe  
Monday - Friday • 6 a.m. - 9 p.m.  
Saturday, Sunday & Holidays • 7 a.m. - 9 p.m.  
Wireless Internet Access (J-Spot)  
Chief Petty Officers Lounge  
Daily: 11 a.m. - Midnight  
The Tavern  
Daily: 3 p.m. - Midnight
- SPARE TIME REC. CENTER**  
Phone number: 252-3634  
Check Cashing & ATM Machine  
Bowling Center  
Daily: 11 a.m. - 10 p.m.  
Uniformed Military bow tie Mon. - Fri. 11 a.m. - 1 p.m.  
11th Frame Snack Bar  
Phone number: 252-3636  
Daily: 11 a.m. - 10 p.m. (grill closes @ 9 p.m.)  
Fitness Center  
24 Hours a Day / 7 Days a Week
- SAILING & OUTDOOR ADVENTURE CENTER**  
Phone number: 252-3500  
Daily: 8 a.m. - 6 p.m.
- SHOWBOAT THEATER**  
Phone number: 252-3822
- TRAVEL & TOURS**  
Phone number: 252-3433  
Monday - Saturday: 10 a.m. - 6 p.m.  
Sunday & Holidays: Closed
- AUTO HOBBY SHOP**  
Phone number: 252-3977  
Wednesday, Thursday & Friday: 3 - 8 p.m.  
Saturday & Sunday: 12 Noon - 6 p.m.  
Monday & Tuesday: Closed
- PAWS & CLAWS**  
Phone number: 252-2905  
Monday, Tuesday, Thursday & Friday:  
8 a.m. - Noon & 1 - 5 p.m.  
Wednesday: 9 a.m. - Noon & 1 - 5 p.m.  
Saturday & Sunday: 8 a.m. - 4 p.m.  
Holidays: 9 a.m. - 3 p.m.
- GALAXIES**  
Phone number: 252-2980  
Food Court (2nd deck):  
Daily: 11 a.m. - 11 p.m.  
Launch Pad (2nd deck):  
Daily: 11 a.m. - 11 p.m.  
Galaxies Night Club (3rd deck):  
DJ & Dancing Everynight: 6 p.m. - 2 a.m.
- FLEET FITNESS CENTER**  
Phone number: 252-3588  
Monday - Friday: 5 a.m. - 10 p.m.  
Saturday, Sunday & Holidays: 8 a.m. - 10 p.m.
- LIBERTY CENTER**  
Phone number: 252-3756  
For Single & Unaccompanied Military Only  
Sunday - Thursday: 11 a.m. - 11 p.m.  
Friday, Saturday & Holidays: 11 a.m. - 1 a.m.
- WOOD HOBBY SHOP**  
Phone number: 252-3954  
Tuesday & Thursday: 5 - 9 p.m.  
Saturday: 11 a.m. - 5 p.m.







# CFAS & MWR WELCOMES USS John C. Stennis Carrier Strike Group TO SASEBO, JAPAN



## MWR SCHEDULE

### SATURDAY, AUGUST 21

5:30 p.m.	Golf Driving Challenge	Fleet Landing
9 p.m.	"Super K" Live Acoustic Rock	Galaxies (1 <sup>st</sup> Floor)

### SUNDAY, AUGUST 22

9 a.m. - 3 p.m.	Champagne Sunday Brunch	Harbor View Club
1 p.m.	No-Tap Tournament	Spare Time Recreation Center
4:30 p.m.	Strong Man Contest	Fleet Landing
5:30 p.m.	Football Precision Pass Challenge	Fleet Landing
6:30 p.m.	"Orient Express" 7 <sup>th</sup> Fleet Band	Nimitz Park
9 p.m.	Live Music by "Cuba B" Band	Galaxies (Ground Floor)

### MONDAY, AUGUST 23

5:30 p.m.	Baseball Pitching Challenge	Fleet Landing
5:30 p.m.	5K Run	Nimitz Park (Starts at USO facility)
8 p.m.	"Dive in Movie"	Main Base Swimming Pool
9 p.m.	Live Music by "2 <sup>nd</sup> String" Band	Galaxies (Ground Floor)

### TUESDAY, AUGUST 24

5:30 p.m.	Soccer Goal Shoot Challenge	Fleet Landing
6:30 p.m.	Arm Wrestling	Fleet Landing
8 p.m.	Free! Live Comedy Night	Harbor View Club
9 p.m.	Live Music by "Node" Band	Galaxies (Ground Floor)

## SPORTS SCHEDULE

#### Sun., August 22

Game Time/Field	Teams
0800-2	VF-31 vs. HS-4T2
0900-2	Team Stennis vs. JMSDF-2
1000-2	Team Sasebo vs. JMSDF-1
1100-2	JGSD-2 vs. VFA-113
1200-2	HS-4 vs. HS-4T2
1300-2	HS-4T2 vs. Team Stennis
1400-2	Team Stennis vs. VFA-113
1500-2	Team Sasebo vs. VF-31
1600-2	Team Stennis vs. Team Sasebo
1700-2	VFA-113 vs. HS-4
1800-2	VAQ-139 vs. JGSD-1
1900-2	HS-4T2 vs. JGSD-2
2000-2	VF-31 vs. VAQ-139
2100-2	Team Stennis vs. VF-31

Modified Round Robin Softball - Nimitz Park  
ASA Softball Rules will govern all play with MWR modifications. All games will have mercy rules, 1 & 1 count and 55-minute time limits.

Game Time/Field	Teams
0800-1	HS-4 vs. VAQ-139
0900-1	JMSDF-1 vs. VF-31
1000-1	VAQ-139 vs. HS-4T2
1100-1	VAQ-139 vs. Team Stennis
1200-1	Team Sasebo vs. VFA-113
1300-1	VF-31 vs. HS-4
1400-1	HS-4 vs. VAQ-139
1500-1	JGSD-2 vs. HS-4
1600-1	VFA-113 vs. VAQ-139
1700-1	JGSD-1 vs. VF-31
1800-1	HS-4 vs. Team Stennis
1900-1	VFA-113 vs. VF-31
2000-1	HS-4T2 vs. JGSD-1
2100-1	HS-4T2 vs. VFA-113

#### Sun., August 22

Modified Round Robin Soccer - JGSD Soccer Field  
FIFA Soccer Rules will govern all play with MWR modifications. All games will run on 25-minute periods and 10-minute half times.  
MWR Sports has a bus for soccer players departing the Welcome Center at 0800, 0900, 1000 & 1100 to JGSD Soccer Field.

Game Time/Field	Teams
0900-JGSD	VF-31 vs. JGSD-1
1015-JGSD	VFA-113 vs. JGSD-2
1130-JGSD	Team Stennis vs. JGSD-3
1245-JGSD	VAQ-139 vs. JGSD-4
1400-JGSD	Team Stennis vs. JMSDF

#### Sun., August 22

Double Elimination Volleyball - Fleet Gym  
USA Volleyball Rules will govern all play with MWR modifications. All games best 2 out of 3-set rally match is played up to 25 points. Must win by 2 points. Third game is to 15 points.

Game Time/Field	Teams
#1-0900-Back	VF-31 vs. HS-4
#2-0945-Back	CFAS vs. Team Stennis
#3-1030-Back	L game 1 vs. L game 2
#4-1115-Back	W game 1 vs. W game 2
#5-1200-Back	L game 4 vs. W game 3
#6-1245-Back	W game 4 vs. W game 5
#7-1330-Back	W game 4 vs. W game 5 (If Game)

#### Mon., August 23

Modified Round Robin Flag Football - Nimitz Park  
NIRSA Flag Football Rules will govern all play with MWR modifications. All games 22-minute periods, with 10-minute half time.

Game Time/Field	Teams
1500-2	VF-31 vs. HS-4
1600-2	VS-35 vs. VFA-113
1700-2	VAQ-139 vs. VS-25
1800-2	HS-4 vs. VS-35
1900-2	VFA-25 vs. CFAS
2000-2	CFAS vs. VF-31
2100-2	VFA-113 vs. VAQ-139

#### Mon., August 23

Modified Round Robin Basketball - Fleet Gym  
NCAA Basketball Rules will govern all play with MWR modifications. All games will have two 20-minute periods with a running clock. Mercy rules will apply.

Game Time/Field	Teams
1600-Front	VF-31 vs. VS-35
1700-Front	VFA-25 vs. V-3
1800-Front	Guardian vs. Team Stennis
1900-Front	V-3 vs. Out Laws
2000-Front	Howard vs. The PWT
2100-Front	Out Laws vs. Supply

Game Time/Field	Teams
1600-Back	Team Stennis vs. VFA-113
1700-Back	Supply vs. Howard
1800-Back	The PWT vs. VF-31
1900-Back	VFA-113 vs. VFA-25
2000-Back	VS-35 vs. Guardian

#### Tue., August 24

Double Elimination Basketball - Fleet Gym

Game Time/Field	Teams
1600-Front	VFA-113 vs. VFA-25
1700-Front	Supply vs. The PWT
1800-Front	The PWT vs. VF-35
1900-Front	Team Stennis vs. V-3
2000-Front	VS-35 vs. Team Stennis
2100-Front	Out Laws vs. Howard

Game Time/Field	Teams
1600-Back	V-3 vs. Supply
1700-Back	VF-31 vs. Fort Mac
1800-Back	Fort Mac vs. VFA-113
1900-Back	VFA-25 vs. Out Laws
2000-Back	Howard vs. VF-31

• MWR SPORTS & FITNESS LOCAL RULES WILL BE POSTED AT ALL GAMES.  
• COACHES: PLEASE READ INFORMATION AND ADVISE ALL PLAYERS BEFORE EVENT BEGIN.  
• Schedule subject to change. (last revised 08-19-04/1700)

### MAP LEGEND:

- 1 = Japanese Restaurant
- 2 = Chinese Restaurant
- 3 = Italian Restaurant
- 4 = Yakiniku Restaurant
- 5 = Ramen Restaurant
- 6 = Multi-National Restaurant
- 7 = Steak Salon
- 8 = Sailor's Town
- 9 = Western Bars Area
- 10 = Sake Town
- 11 = Japanese Bars Area
- 12 = Cinema
- 13 = Heated Pool
- 14 = Ginza Shopping Arcade

## Downtown Sasebo





# August 30 marks the first day of school

Naomi Sullivan  
CFAS Public Affairs

The beginning of the school year is here. August 30 marks the first day of school for Sasebo with the exception of kindergarten which begins September 7.

Christy Blevins, Sasebo elementary school principal says, “We would like to make sure that everyone is aware that school is starting on August 30. Historically we have had more children enrolled by now and our numbers are down. We do not know how many children are in the community, we have to wait for them to come into the school and register.”

There is a registration packet that parents have to fill out in order to register their children with the school(s). At the time of enrollment the following documentation is needed: Current orders, dependent entry approval or command sponsorship letter, birth certificate or passport, immunization records, student’s social security number and prior school records. Parents may register their children through out the school year, however, in order to have children start on the first day of school the registration office must have a completed packet no later than noon August 27.

According to Blevins class lists for Sasebo Elementary school will be posted in various locations around the base after 3 p.m. August 27. Lists will be posted in the Post Office, Commissary and the front desk of the Navy Lodge. John Muller, Darby elementary school principal said, “After 2:30 p.m. on August 27 Darby lists will go up in the window of the school cafeteria. Parents and children are welcome to come to the school between 2:30 and 3 p.m. walk around and informally meet the teachers and check out the classrooms.” Linda Connelly, E.J. King principal adds, “All king students, both middle and high school, will report to the ES multipurpose room at 7:55 a.m. on August 30 for a school assembly.”

The Navy Exchange (NEX) offers tickets for school lunches and these can be purchased at the customer service desk in the main exchange or the Hario home store. NEX also offers reduced or free lunches. To find out if you qualify for the reduced or free lunch tickets pick up an application at the front desk of the Fleet and Family Support Center. While stocks last, NEX also carries the school supplies that are needed by the children. NEX has a published list broken down by grade that can be picked up at Main Base mini mart, Hario home store and the main exchange. You can also access the school supply list on the websites of E.J. King, Sasebo and Darby Elementary.

Bus passes can be obtained from the bus transportation office in Bldg.47. Newcomers or parents unsure about the bus routes for school pick up and drop off locations can talk to transportation or housing to find out more information. For community members that are currently residing in the Navy Lodge, bus number 11 picks up and drops off the children in front of the Lodge. Children riding the bus from the Navy Lodge are not required to have a bus pass.

The School Advisory Committee (SAC) and Parent Teacher Organization (PTO) will be holding elections in the fall for the upcoming school year, with the exception of E.J King both committees have elected members, (however, parents and students are welcome to attend meetings.). The SAC and PTO committee’s are a good opportunity for parents to volunteer and give back to the schools. The roles are similar with the SAC committee made up of elected parents and faculty members getting together once a month to discuss and advice the principal on pertinent issue’s, the PTO provides fun activities for the student and parents. The committees are not the only way that you can give back to your school.

Parents are welcome and encouraged to volunteer in their child(s) classroom though out the year. A point to add is volunteers that are interested in coming to the school(s) do not have to have children to get involved.

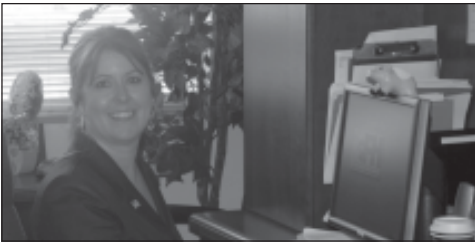
“Volunteers are the icing on the cup cake, teachers can give the kids the things that they need, but having the parents in there makes it special,” said Blevins. Volunteering is great and we want it to be a great experience, the only thing we ask is that if people are interested in volunteering they need to be committed to the time that they offer, added Blevins.

Parents who feel they cannot commit to help out in the classroom can help out in other ways. ‘Book Club Mom’ could be a way to contribute time to the children. There are a number of book clubs that volunteers can participate with. Interested participants can contact their child(s) teacher.

Schools here in Sasebo also offer paid positions with substitute teaching and educational aides. These positions are continuously open and packages are available with the school secretaries.

Hours for the schools are as follows: E.J. King 7:55 a.m. until 2:50 p.m., Sasebo Elementary 8 a.m. until 2:45 and Darby Elementary from 8 a.m. until 2:30 p.m. There will be no school on Monday, September 6 for Labor Day. For more information on the upcoming school year call 252-3059(E.J. King)/ 3600(Sasebo Elementary)/8800(Darby Elementary).

## Profile:



Acting Housing Director  
Hometown/Nationality...Beaufort, South Carolina

### How long have you been in Japan?

Four years.

### What is your favorite thing about Sasebo?

The diversity of the people makes Sasebo so unique. You are able to experience several different cultures at once. The living styles and the variety and type of foods being eaten still amaze me.

### Are you married or single?

Happily married to my husband Tony of 23 and a half years.

### Do you have any children?

Yes, I have a daughter, Ashley, who is going to college. The term “empty nest” has taken on a whole new meaning for us.

### What hobbies do you have?

I am into the Martial Arts and I love to bake. I love the holidays as it gives me a reason to get in the kitchen and try new recipes.

### Who do you consider to be your role models?

My Mom is one. Although we had a rough time growing up she stood strong and saw that all six of her children graduated from High school and taught us what a strong bond marriage should be. She must have done something right because five of us married all have been with our same spouses for 20 or more years.

### What are your personal goals?

I would like to stay here a couple more years to at least see some of the new housing construction being built. I am getting closer to that wonderful retirement age, I would like to travel to Europe and see the sights.

### What motivates you?

A challenge. Trying to accomplish something and doing it right.

### What is the one thing you can’t stand?

Gossip. It always gets back to the person you’re talking about. If you want to know something, ask the person!

### What do people not know about you?

That I am a really caring person and I really enjoy working with people. Working in housing I have to uphold rules and regulations and a lot of people think they are my rules and that I don’t understand their feelings or how the military works, but I do. I’ve been working for the government for over 24 years and was a military dependent before that.

### What is your most embarrassing moment?

I would have to say a phone ordeal. Late one night the phone rang and I jumped from the foot of the bed to answer it. Unfortunately, the door to our bedroom was located at the foot of the bed and it was partially open. Not seeing it in the dark I ran face first into the side edge. It completely knocked me out.

### If you could have dinner with three people, living or dead, who would they be?

Princess Grace. She was one of the most elegant woman. My Dad who passed away in 1986. Goldie Hawn, she just makes me laugh.



## Welcome home USS Fort McHenry (LSD 43)

Family members of USS Fort McHenry (LSD 43), greet the ship as it returns to Sasebo after being deployed since May. (Photo by Naomi Sullivan.)





## UPCOMING EVENTS & MOVIES

**FRIDAY, AUGUST 27**  
HARIO COMMUNITY CENTER • 6:30 P.M.

**\$25**

ADVANCE TICKETS ARE ON SALE  
NOW AT THE HARBOR VIEW CASH  
CAGE UNTIL THURSDAY, AUGUST 26.  
**\$30 AT THE DOOR**



FOR MORE INFORMATION,  
CALL 252-3965.

- DOOR PRIZES
- FREE APPETIZERS
- LOTS OF FUN!

# MINI MONSTER



**DJ. F-Z ROCK**  
**SATURDAY, AUGUST 28**

**SATURDAY, AUGUST 28**

**8 P.M., FREE!**

# GALAXIES CLUB

For more information,  
call 252-2980.



# LIVE!

## Movie Schedule August 20-27

**FEATURED  
PREMIERE**

TOM CRUISE JAMIE FOXX  
A VICTOR KATZ FILM  
COLLATERAL



**Starring: Tom Cruise,  
Jamie Foxx,  
Jada Pinkett-Smith,  
Mark Ruffalo & Peter Berg**

**Rated: R for  
Violence & Language  
Crime/Gangster & Thriller**

**A Los Angeles cab driver finds himself caught in the middle of a crime spree when he realizes his fare is a contract killer and he's the unsuspecting getaway driver.**



# SHOWBOAT THEATER

TELEPHONE: 252-3822

**Movie Schedule**  
subject to  
change without  
notice.

FRIDAY, AUGUST 20	SATURDAY, AUGUST 21	SUNDAY, AUGUST 22	MONDAY, AUGUST 23	TUESDAY, AUGUST 24	WEDNESDAY, AUGUST 25	THURSDAY, AUGUST 26	FRIDAY, AUGUST 27
5 p.m. (PG) <b>*Sleepover</b>	2 p.m. (PG-13) White Chicks	2 p.m. (PG) Around the World in 80 Days	6 p.m. (PG-13) Bourne Supremacy	6 p.m. (PG-13) Chronicles of Riddick	6 p.m. (R) Collateral	6 p.m. (PG-13) Catwoman	5 p.m. (PG-13) Anchorman
7:30 p.m. (R) <b>*Collateral</b>	4:30 p.m. (PG-13) Bourne Supremacy	5:30 p.m. (PG-13) Chronicles of Riddick	8:30 p.m. (R) Manchurian Candidate	8:30 p.m. (PG-13) The Village	8:30 p.m. (PG-13) Spiderman 2	8:30 p.m. (PG-13) Dodgeball	7:30 p.m. (PG-13) <b>*King Arthur</b>
9:30 p.m. (R) <b>*Collateral</b>	7 p.m. (R) Collateral	8 p.m. (R) Collateral					9:30 p.m. (R) <b>*Alien vs. Predator</b>
Midnight (PG-13) Dodgeball	9 p.m. (R) Manchurian Candidate						
	Midnight (PG-13) Chronicles of Riddick						

# HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, AUGUST 20	SATURDAY, AUGUST 21	SUNDAY, AUGUST 22	MONDAY, AUGUST 23	TUESDAY, AUGUST 24	WEDNESDAY, AUGUST 25	THURSDAY, AUGUST 26	FRIDAY, AUGUST 27
6:30 p.m. (PG-13) <b>Catwoman</b>	2 p.m. (PG-13) <b>Spiderman 2</b>	2 p.m. (PG) <b>Garfield</b>		<p>NO MOVIE SCHEDULED</p> <p>NO MOVIE SCHEDULED</p>	<p>NO MOVIE SCHEDULED</p> <p><i>* = Premiere</i></p>	6:30 p.m. (PG) <b>*Sleepover</b>	6:30 p.m. (PG) <b>Sleepover</b>
9 p.m. (PG-13) <b>The Village</b>	6:30 p.m. (PG-13) <b>Catwoman</b>  9 p.m. (PG-13) <b>The Village</b>	6:30 p.m. (PG-13) <b>The Notebook</b>				<p><i>No scooters, skates, skateboards, strollers or backpacks allowed in theaters.</i></p> <p><i>No outside food or beverages.</i></p>	9 p.m. (R) <b>*Collateral</b>

\* = Premiere

**SLEEPOVER (PG)**

*Starring: Alexa Vega, Mika Boorem, Jeff Garlin, Jane Lynch and Sara Paxton*

*Starring: Alexa Vega, Mika Boorem, Jen Garth, Jane Lynch and Sara Paxton*

In the summer before their freshman year in high school, Julie has a slumber party with her best friends, Hannah, Yancy and Farrah. They end up having the adventure of their lives. In an attempt to cast off their less than cool reputations once and for all, Julie and her friends enter into an all night scavenger hunt against their popular girl rivals. Antics include, hijacking dad's car, sneaking into clubs, evading Julie's mother and even a first kiss. Anything is possible at Julie's sleeperover.

## AROUND THE WORLD IN 80 DAYS (PG)

**Passport** is the new novel by **John Le Carré** (with **Kathy Bates** and **John Cleese**). **Passport**, a Chinese thief steals a valuable jade Buddha and then seeks refuge with an eccentric London inventor and adventurer, **Phileas Fogg**. **Phileas** has taken on a bet with members of his gentlemen's club that he can make it around the world in a mere 80 days, using a variety of means of transportation, like boats, trains, balloons, elephants, etc. Along the way, **Passport** uses his amazing martial arts abilities to defend **Fogg** from the many dangers they face. One major threat to their adventure is a detective that's following them. Just as **Fogg** and **Passport** leave London, a major bank is robbed, with **Fogg** suspected of using the "around the world" trip as an excuse to escape. Their path from London and back includes stops in Paris, Turkey, India, China and the United States of America.

**ALIEN VS PREDATOR (PG-13)**

**ALIEN VS. PREDATOR (PG-13)**  
*Starring: Vanessa Lathan, Lance Henriksen, Raoul Bova, Ewen Bremner and Colin Salmon*  
 Discovery of an ancient pyramid buried in Antarctica sends a team of scientists and adventurers to the frozen continent. There, they make an even more terrifying discovery—two alien races engaged in an ultimate battle.

**WHITE CHICKS (PG-13)**

**Starring:** Marlon Wayans, Shawn Wayans, Rochelle Aytes, Jennifer Carpenter and Jessica Cauffiel. After messing up a major drug bust in New York City, two African American FBI agents try to impress their boss by volunteering to protect the Wilton Sisters, the heiresses of a hotel empire, from a kidnapping scheme during a short trip from JFK to the Hamptons. Deciding to change the strategy drastically, the brothers use themselves as bait, wearing lots of pale makeup and dresses to pass as the Wilton sisters, while the real sisters are hidden away, safe from harm. Now, the agents just have to convince the world that they're actually young, rich, white chicks.

**KING ARTHUR (PG-13)**

**Starring:** *Clive Owen, Stephen Dillane, Keira Knightley, Hugh Dancy and Ioan Gruffudd*  
A reluctant leader, Arthur, wishes only to leave Britain and return to the peace and stability of Rome. Before he can, one final mission leads him and his Knights of the Round Table to the conclusion that when Rome is gone, Britain will need a leader to fill the vacuum. Under the guidance of Merlin, a former enemy and the beautiful Guinevere change the course of history.





**Free Comedy Night At Harbor View Club**  
Marc Yaffee and Tommy Savitt are sure to make you laugh with their own brand of comedy at Harbor View Club, August 24. Join us for dinner, then take in the free show at 8 p.m. Material is not suitable for children. For more information, call 252-3965.

**Dog Days Fun Run**  
Tired of playing it cool inside the house watching TV and sipping on a cold drink weekend after weekend? MWR Fleet Fitness Center has just the answer. It's the Annual Free Dog Days 5K Fun Run, scheduled for Friday, August 27 at Nimitz Park. The starting gun will fire at 5:30 p.m. sharp. Awards for top finishers in each division. For more information, call 252-3588.

**3-6-9 Bowling Tournament**  
All bowlers 18 years and older are welcome to participate in the weekly Spare Time

Recreation Center tournaments, scheduled for Saturday, August 28 (yes, it's Saturday this time). The fun starts at 6:30 p.m. and will consist of three games of bowling. Every third, sixth and ninth frames will be automatically scored as a strike. The highest total pinfall will determine the winner. The total number of participants will determine the prize money. For more information, call 252-3634.

**D.J. E-Z Rock at Galaxies**  
Enjoy great music free of charge at Galaxies Saturday night, August 28. Bring your friends and have a good time listening to D.J. E-Z Rock do his thing live on stage. The good times will start rolling at 8 p.m. Don't forget to play it safe and participate in the Base Designated Driver program. For more information, call 252-2980.

**Free Ride To The Beach**

The Shirahama Beach Shuttle Bus is still making round trips from Main Base to the popular beach every Sunday through August 29, courtesy of your MWR Department. The bus departs Main Base from the bus stop located across from the Commissary at 11 a.m., noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

**Karaoke Night at the Tavern Bar**  
The all hands Tavern Bar is the ideal place for you and your friends to belt out your favorite tunes every Friday night. The Free Karaoke Night fun gets underway at 8 p.m. Make plans right now to get your friends together for some good fun and great singing, not to mention your favorite beverages. The Tavern Bar is the place where friends meet for a relaxing good time. For more information, call 252-3965.

**Miyazaki Ocean Dome Overnight Trip**  
The famous Miyazaki Ocean Dome offers a great variety of swimming pools, exciting attractions, restaurants and entertainment galore in a place where the weather is always perfect and the water temperature just right. Listed in the Guinness Book of World Records as the world's largest indoor water

park, this huge facility can handle up to 10,000 visitors at a time. Sound exciting? Call the Travel & Tours Office now for reservations before they're sold out. Tickets are \$125 for adults, \$75 for children 6 to 12, and \$25 for youngsters 5 & under. Call 252-3433.

**RV Certification Class**  
One of the best ways to discover the many interesting and beautiful places that Kyushu has to offer is by car, and the best way to do that is with a nice, clean and comfortable RV from the MWR Sailing & Outdoor Adventure Center. Not certified to drive an RV? No problem. For only \$25 (which will be applied towards your first RV rental), you can get RV certified in no time at all, thanks to the professionals at the Sailing & Outdoor Adventure Center. They've scheduled another RV certification class on Thursday, August 26 from 4 to 6 p.m. For more information, call 252-3500.

**Future PGA Pros?**  
Golf instructors will be at Hario on Tuesday, August 24 and Thursday, August 26 to show youngsters how to hit 'em long and straight down the middle. The special one-hour golf clinics will be held from 8 to 9 a.m. each day for youngsters ages 9-11. Cost per student is only \$5. For more information, call 252-8960.

# Living in Japan: Youth Sports in Japan

Over the years, my son and both daughters have participated in everything from soccer to football, with varying degrees of success in our base youth sports programs.

Honing their sports acumen, they have whipped themselves into what they have perceived to be championship shape, and achieved that oh-so American level of confidence that made them unbeatable in their own minds.

Then – they have played against Japanese teams. What a letdown it is for many American boys and girls to go out onto a

field and be truly humbled by kids that are for the most part smaller than they are.

I have witnessed American teams saunter onto a pitch with an arrogant look of invulnerability glinting from their young eyes, only to end the day in sullen disbelief at the beating they have suffered at the hands of a Japanese team.

My son would lament such football losses as 45-0, unable to comprehend how the practiced to expertise of his team failed to earn them even one lousy touchdown. The reason for this is really quite simple, Japanese kids win because they are VERY serious about whatever sport they are playing. They will devote hours each day to practice, both formal and informal. And when

I say practice,

I mean PRACTICE. Running through the basics and building on proficiencies until they can perform them in their sleep.

I used to watch my son's teams practice, if that was what you could truly call it. Two or three days a week, for an hour to an hour and a half, whatever number of players would show up for a day's session would be scattered all over the field. Some half-heartedly doing whatever the coach was trying to get them to do, while the majority wrestled, played tag, or just lolled around on the grass wondering when it was their turn to bat. Now, our youngest, Maria, learned this lesson

very well – and truly applied herself to her sports.

Joining a Japanese neighborhood soccer team when she was nine years old, she was subjected to hours of practice, with the coach mercilessly pushing his wards through drills. Then, she would come home at night and continue to practice with her teammates under the streetlamps in front of our house. She was bruised and sore much of the time, but very proud of her level of performance in her games.

The Japanese aren't multi-sport people as a rule. They will select one sport and devote themselves to it 365 days of the year. Whether it is baseball, golf, tennis, or whatever, if they commit themselves to playing it, they commit themselves to playing it as well as they possibly can. I guess our approach may be more fun than theirs, but we needn't be ashamed when we lose.



JERRY HAVENS  
SUPERVISORY PROGRAMS  
MANAGER  
FLEET & FAMILY SUPPORT

**NOTES...**

**New Hours**  
*USO Nimitz Park:*  
Monday through Thursday 10 a.m. - 6 p.m.  
Friday and Saturday 10 a.m. - 9 p.m.  
Sunday 10 a.m. - 6 p.m.

*Fleet Landing:*  
Monday through Friday 9 a.m. - 4:30 p.m.  
Closed Saturday and Sunday unless there is a volunteer.

**Carpet Sale - Harbor View Liberty Room**  
September 10, 3 p.m. to 6 p.m.  
September 11, 10 a.m. to 6 p.m.  
September 12, 10 a.m. to 3 p.m.

**Oriental Deco and Michelle Jewelry Sale - Kiku Tower, Hario**  
September 4, 10 a.m. - 6 p.m.  
September 5, 10 a.m. - 4 p.m.

The Society for Creative Anachronism meets Fridays at 6:30 p.m.

## Betcha didn't know about: *Oni* (demons) stairway

**Phil Eakins**  
*Base Historian*

A fun way to learn more about our host country is discovering some of the local legends that have been passed down over the years. For example, many Sasebo citizens know of the story explaining how a large demon supposedly created Sasebo's Megane-iwa (Spectacles Rock). Since I live in Kawatana, I'd like to share with you a legend from my wife's hometown.

This story is about the 99-step stone stairway leading to the Iwaya shrine near the foot of Mt. Kokuzo. According to the legend, *oni* (demons) once lived near Kawatana

village many years ago. The Iwaya *kami* (god) wasn't very pleased with these living arrangements and decided to trick the demons into leaving the area. He called the demons together one day and told them the *Ogami* (highest god) didn't want demons living so close to the villagers. However, the Iwaya god added, if the demons could build a 100-step stairway to his shrine before the rooster crowed the following morning, he would seek the *Ogami*'s permission to allow the demons to stay.

Surprised at the request, the demons quickly organized themselves into groups and began work immediately. Unnoticed, the Iwaya god watched the demons toil throughout the long day and night without a single break, trying to complete the task

before the deadline.

When the 99<sup>th</sup> step was set in place and it appeared the stairway would indeed be finished before dawn, the Iwaya god played a trick. Removing his bamboo hat, the Iwaya god clapped his hand on its top, imitating the sound of ruffled feathers, and then he began crowing like a rooster. Thinking it was a real rooster announcing the arrival of dawn, the demons stopped their work and sadly walked away, disappearing from the area forever.

The next time you're visiting with your Japanese friends, ask them to tell you some of their favorite local legends and folktales. And don't forget to share some of yours!

Worship Services

**Community Chapel, Main Base**  
**Roman Catholic**  
Sun. 9 a.m., Tue.- Fri. 11:30 a.m., Sat. 5:30 p.m.  
**Protestant**  
Sun. 11 a.m.  
**Protestant Sunday Schools**  
Sun. 9:30 a.m.  
**Catholic Catechetical Doctrine**  
Sun. 10:15 a.m.  
**Ladies Bible Study by Beth Moore**  
Wed. 9:30 a.m. & 6:30 p.m.- Music room  
**Christian Men’s Fellowship**  
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

**Hario Chapel**  
**Protestant (Traditional)**  
Sun. 9 a.m.  
**Roman Catholic**  
Sun. noon  
**Protestant Sunday School**  
Sun. 9:45 a.m.  
**Catholic Catechetical Doctrine**  
Sun. 11 a.m.  
**Ladies Midweek Bible Study**  
Wed., 9 a.m.  
**Youth Drama Group**  
Sun. 1:30 p.m.

Lay Congregations

**Episcopal Worship Service (Hario)**  
Sun. 5 pm. FMI <http://culdee.org>  
**Firebrand Holiness Service (Hario)**  
Sun. 2 p.m. FMI 252-7323  
**Church of Christ (CEC)**  
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122  
**Jewish Community**  
Contact Religious Ministries at 252-3380 FMI  
**Nichiren Daishonin’s Buddhism (SGI-USA)**  
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165  
**New Life Christian Fellowship (CEC)**  
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332  
**Ladies Bible Study (CEC)**  
Tuesday 6:30 p.m.- Music Room FMI call 252-8632  
**Family Bible Study (Hario)**  
Wednesdays 7 p.m. FMI call 252-8632

**Off-base Congregations**  
**Greater Harvest Holiness Church of God in Christ**  
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712  
**Church of Jesus Christ of Latter Day Saints**  
Missionary- 252-8279  
**Lighthouse Baptist Church**  
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.  
**International Christian Assembly**  
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.  
**Iglesia Ni Cristo**  
252-2363 During working hrs. 252-8453 After working hrs.

AFN-TV Schedule  
August 21-August 27

The following schedule is an abbreviated schedule. For a full schedule, please log on to [www.myafn.net](http://www.myafn.net) or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. Aug. 21	8 a.m. ABC World News Tonight 11a.m.-The News Hour 4 p.m.- Night Line 6 p.m.- CNN Live 8 p.m. - CNN Saturday Morning	9 a.m. - What Not to Wear 2 p.m. - Forget Paris 6 p.m. - While You Were Out 8 p.m. - Everwood	8 a.m. - Chalk Zone 1p.m.- Headline News 3 p.m. - Lizzie McGuire 8 p.m. - C.S.I.	7a.m.- Ferris Bueller's Day Off 1 p.m. - Headline News 4 p.m. - Pokemon 8 p.m - WWE Raw 10 p.m.- C.S.I.	9 a.m.- NFL (Teams T.B.A.) 3 p.m. - SportsCenter 4 p.m. - Friday NightFights 11 p.m. - Summer Olympics
Sun. Aug. 22	9 a.m. - Washington Week in Review 11a.m.- CNN Saturday Night 4 p.m. - Headline News 10 p.m.- CBS News Sunday Morning	12 p.m. - Joan of Arcadia 4 p.m.- Kingsley’s Meadow 7 p.m. - Everybody Loves Raymond 10 p.m. - All in the Family	1 p.m.- Headline News 8 p.m. - Dr. Dolittle 2 11 p.m.- Summer Olympic Games	7 a.m.- ESPN News 1 p.m. - Headline News 4 p.m. - Hey Arnold! 8 p.m. - WWE Smackdown! 11 p.m. - Summer Olympic Games	12 p.m. - SportsCenter 4 p.m.- NFL (Teams T.B.A.) 9 p.m. - I, Max 11 p.m. - Summer Olympic Games
Mon. Aug. 23	7 a.m. - Tim Russert 9 a.m. - This Week 12 p.m. - CNN Presents 7 p.m. - Access Hollywood	10 a.m. - Average Joe 1 p.m. - Scientific American Frontiers 4 p.m. - The Wild Thornberrys 7 p.m. - Law & Order	1 p.m.- Headline News 4p.m.- DragonFly TV 5 p.m.- Jeopardy! 7p.m.- 60 Minutes 10 p.m - Pacific Report	8 a.m. - 2004 Summer Olympic Games 1 p.m. - Headline News 3:30 p.m. - Wheel of Fortune 8 p.m. - Today	9 a.m. - NASCAR Nextel Cup Series 3 p.m. - SportsCenter 4 p.m. - MLB 8 p.m. - 2004 Summer Olympic Games
Tues. Aug. 24	10 a.m.- Hannity & Colmes 12p.m.- BET Nightly News 2 p.m. - News Night w/ Aaron Brown	10 a.m. - Ed 1 p.m.- The King and I 7 p.m. - ER 11:30 p.m.- Ebert & Roper at the Movies	1 p.m. - Headline News 4 p.m. - Lizzie McGuire 7 p.m. - ABC Monday Night Football: Teams TBA	9 a.m. - 2004 Summer Olympic Games 1 p.m. - Headline News 4 p.m. - Dr. Phil 8 p.m. - Today Show	8 a.m. - Monday Night Countdown 1 p.m. - NHRA Auto Racing 4 p.m. - MLB 8 p.m. - Summer Olympic Games
Wed. Aug. 25	8 a.m. - ABC World News Tonight 12p.m.- BET Nightly News 2 p.m. - News Night w/ Aaron Brown 7 p.m.- The O'Reilly Factor	10 a.m. - One Tree Hill 2 p.m. - Inspector Morse 7 p.m. - The West Wing 10 p.m. - Inspector Morse	9 a.m. - Summer Olympic Games 1 p.m - Headline News 4 p.m. - Yu-Gi-Oh! 9 p.m. - C.S.I.	9 a.m. - Summer Olympic Games 1 p.m. - Headline News 4 p.m. - Dr. Phil 7 p.m. - Headline News 8 p.m. - Today Show	3p.m.- SportsCenter 4 p.m.- NASCAR Craftsman Truck Series 7 p.m. - SportsCenter
Thurs. Aug. 26	9 a.m. - Countdown w/ Keith Olbermann 12:30 p.m. - Nightly Business Report 3 p.m. - Paula Zahn Now 6 p.m. - Primetime	9 a.m. - The Simpsons 2 p.m. - Buffy the Vampire Slayer 6 p.m. - Charmed 7 p.m. - Boston Public	9 a.m. - Summer Olympic Games 4p.m.- The Fairly Odd Parents 7 p.m. - The Apprentice 9 p.m. - Alias	9 a.m. - Summer Olympic Games 1 p.m. - Headline News 4 p.m. - Dr. Phil Show 8 p.m. - Today Show	8 a.m. - NFL Live 4 p.m. - MLB 8 p.m. - Summer Olympic Games 11 p.m. - ESPN News
Fri. Aug. 27	2 p.m. - News Night w/ Aaron Brown 5 p.m. - Hardball w/ Chris Matthews 6 p.m. - CNN News 8 p.m. - CNN Saturday Morning	8 a.m. - The View 2 p.m. - CMA Music Festival 6 p.m. - While You Were Out 7 p.m. - Everwood 9 p.m. - Strong Medicine	1 p.m. - Headline News 4 p.m.- Trading Spaces 9 p.m. - Law & Order 10:30 p.m. - Saturday Night Live	1 p.m. - Headline News 3:30 p.m. - What’s New Scooby Doo? 8 p.m. - WWE Raw 11 p.m. - Law & Order	8 a.m. - College GameDay 4 p.m.- NASCAR Busch Series 8 p.m. - College GameDay 10 p.m. - Summer Olympic Games

Non-Profit Organizations

**Al-Anon**  
090-8229-7048, 090-9602-4353

**Alcoholics Anonymous**  
090-9602-4353, 090-8229-7048

**CFAS Wardroom Association**  
252-3452

**CPO Association**  
252-3521

**Exceptional Sailor Program**  
CFAS E-4 and below, 252-3385

**Filipino American Association**  
252-8361, 080-3228-5809

**Guardian Angels**  
Spouse support group. 090-5945-2150

**Navy League, Sasebo Council**  
252-3109

**Nippon Lodge Number 9**  
252-3481  
**Officers’ Spouses’ Club**  
252-7345

**Sasebo Bluejackets Association**  
E-1 to E-6 personnel. 252-3481  
**Sasebo Eagles Little League Club**  
<c30-dd@cfas.navy.mil>  
**Sasebo First Class Association**  
Shore Duty E-6's. 252-2181/3347  
**Sasebo Homeschool Support Group**  
252-8195, 0956-58-7875  
**Sasebo Wrestling Club**  
252-2801  
**Thrifty Treasures**  
252-8940  
**USS Essex Family Support Group**  
0956-32-2177  
**USA Girl Scouts Overseas**  
0956-49-5273  
**USO**  
252-3959

Community  
Numbers  
Branch Medical

**Hours of Operation**  
Monday & Friday 8:30-11:30; 12:30 - 4 p.m.  
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.  
Wednesday 8:30-11:30  
Appointment Line: 252-2550  
Hario Annex Clinic: 252-8770  
Online Medication Refill: <[www.nhyoko.med.navy.mil](http://www.nhyoko.med.navy.mil)>  
TRICARE Health Line: 005-3111-4621  
TRICARE Enrollment: 252-2572

**EMERGENCY NUMBERS**  
On Base: 9-1-1  
Off Base: 0956-23-9911  
Patient Comment Line: 252-2536  
Or send e-mail to: <[SASOIC@nhyoko.med.navy.mil](mailto:SASOIC@nhyoko.med.navy.mil)>

Branch Dental

**Hours of Operation**  
Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.  
Wed. (Hario closed) 7:15 - noon  
Sick Call 7:15 - 9 a.m.  
Main Base: 252-3886  
252-3747  
Hario: 252-8977  
**EMERGENCY NUMBERS**  
After Hours: 252-2550  
252-2551  
Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392  
Desk Sergeant 252-3446 or 3447  
Security Operations Officer 252-2371  
Security Administration 252-2386

Fire Department

Business lines  
Information/Dispatcher 252-3408/3518  
Dispatcher 252-2144  
Fire Chief 252-2147  
Prevention Chief 252-2139  
Training Chief 252-2149  
Fire Prevention Offices  
Main Base & Hario 252-2142/2163  
Ordnance Area 252-2162  
FISC Areas 252-2166

**EMERGENCY NUMBERS**  
On Base: 9-1-1  
Off Base: 0956-23-9911

Other numbers

Command Chaplain 252-3380  
Fleet & Family Support Center 252-3604  
CFAS Quarterdeck 252-3311  
Navy Relief Society 252-3366  
CFAS Public Affairs (Shore-based commands) 252-3409  
CTF-76 Public Affairs (Sea-based commands) 252-2131  
USO 252-3959  
Navy Lodge 252-3608  
AFN 252-3869  
1575 Thunder Radio 252-1575  
Command Connections 252-2290



# Girl Scouts to hold registration Saturday

JOSA Jeff Johnstone  
CFAS Public Affairs

The Sasebo branch of the Girl Scouts is holding a registration drive for new scouts, possible scout leaders and board members Saturday August 21, from 7:30 to 9:30 p.m. at Hario pool. The drive is open to all girls in the community interested in joining the scouts.

“The girls are divided up into different levels according to their age,” said Kelly Boudreaux, Overseas Committee Chairperson for the Girl Scouts. According to Boudreaux, the levels range from youngest to oldest; Daisies, Brownies, Juniors, Cadets and Seniors.

The Daisies are kindergarteners, Brownies are generally first and second graders, Juniors are in the third and fourth grades, Cadets average around fifth and sixth grade age, and seniors are predominantly girls around age 13 and older.

“Younger scouts (Daisies), learn the basics about being a Girl Scout. They learn about Girl Scout law, how to be a good neighbor, the importance of helping others and prepare themselves for the next level.”

“Brownies continue to learn and also apply what they learned as Daisies,” said Boudreaux.

Younger scouts also provide beneficial service to their community.

“Our younger scouts have visited children’s homes and took part in clean-ups at Nimitz Park,” said Boudreaux.

“This year the Brownies made all the American flag pins handed out at the USO gala.”

The benefits of being a Girl Scout include making friends, constructing crafts and taking local field trips to fun places like the zoo, said Boudreaux.

Older girls can take advantage of the numerous opportunities the Girl Scouts provide.

Girls can earn college scholarships by working towards bronze, silver and gold awards in community service, said Boudreaux. The awards are given based on what they do for



the community, and the size of the project, she said.

According to Boudreaux, an accomplishment such as setting up a summer camp could possibly earn a scout a gold award.

As a scout sets out on a project to earn these awards, they

can opt to either do them with a group, or on their own if they are more independent workers, said Boudreaux.

“There are so many opportunities for scouts ages 13 and older,” said Boudreaux.

Senior scouts can also take advantage of a variety of trips in which they can take part in events with scout troops at their preferred destinations.

We just had two scouts return from a trip to the U.S., said Boudreaux. One returned from Minnesota and another got the opportunity to go to Washington, D.C., she said.

The troop as a whole recently returned from a field trip in Tokyo.

With so much to offer Girl Scout hopefuls, the organization is looking for volunteers to be scout leaders as well as board members to attend Saturday’s registration.

Each group of scouts has a leader and a co-leader who oversees activities done by the scouts, and provide guidance where it may be needed, said Boudreaux. They also serve as escorts for the scouts during community service events or field trips.

“We need a treasurer, a public affairs volunteer and an event coordinator for our board,” said Boudreaux.

A yearly registration costs ten dollars, said Boudreaux.

According to Boudreaux, the area Girl Scouts have grown as an organization, and they would like to continue that trend.

We would like to encourage girls in the Sasebo area to come see us Saturday and get involved with the Girl Scouts, she said.

For more information, contact Kelly Boudreaux at 252-7409 or via the Web at <boudreauxks@hotmail.com>.

## Ready Timers...



USS Juneau (LPD 10) Chief Petty Officer (selects) assist the timekeepers at Saturday morning’s swim meet at the base pool. “The CPO selects were at the pool as part of their CPO transition. One of their tasks was to perform community service projects in an effort to further build their teamwork skills, positively promote the Navy and give them an insight on base activities that are available for dependents,” said Juneau Command Master Chief (SW/AW) Paul Kingsbury. (Official U.S. Navy Photo by JOSA Jeff Johnstone)

## Armed Forces Voter Week begins Sept. 3

Released by the U.S. Department of Defense

The Department of Defense (DoD) announced plans August 5 for Armed Forces Voters Week, beginning Sept. 3. The event is being held to encourage all citizens voting under the Uniformed and Overseas Citizens Absentee Voting Act, who have not registered to vote or requested an absentee ballot this year, to do so as soon as possible.

Commanders and voting assistance officers will use this event as an opportunity to inform these U.S. citizens about obtaining an absentee ballot for remaining state primaries and the Nov. 2 general election. They will conduct final voting workshops and registration drives for all eligible personnel and their family members.

Fleet Activities Sasebo (CFAS) is currently planning events for voter week here on base.

“Right now we will have Federal post card applications for absentee ballots available at Bayside Food Court every day of the week during Armed Forces Voters Week, said Lt. Maribel Mercado,” CFAS Staff Judge Advocate. According to Mercado, other activities are also being planned.

“States recommend absentee voters register at least 60 days prior to the presidential election,” said CFAS assistant voting officer, Petty Officer 2nd Class Steve Thaggard. “You don’t have to wait until the last minute,” said Thaggard. “You can register anytime.”

Commanders and voting assistance officers emphasize the importance of registering to vote and requesting an absentee ballot. They use this opportunity to remind eligible personnel to return their voted ballots as soon as possible to allow sufficient transit time back to their local election official.

According to Thaggard, absentee voters can cast their ballots up to 30 days prior to the election.

The support of commanders and voting assistance officers is critical to the success of the Federal Voting Assistance Program (FVAP), which can be contacted through the DoD Voting Information Center (VIC).

Sailors may reach the VIC toll-free from 66 countries using the toll-free numbers listed on the FVAP Web site at <www.fvap.gov>. CFAS Sailors can find out more

information about programs planned CFAS voter week programs by calling the Staff Judge Advocate’s office at 252-2102.

Reaching out to the Community

CONNECTIONS

All newcomers who have reported to the base within the last five months are welcome.

**FREE LUNCHEON**

**CONNECTIONS**

Fellowship Hall, CEC

**Thursday, August 26**

11:30 a.m. - 1 p.m.

**Welcome to Sasebo**

HOKKAIDO  
HONSHU  
Nikko  
Tokyo  
Yokohama  
Osaka  
Kyoto  
Hiroshima  
Sasebo  
Nagasaki  
Kumamoto  
KURUSHU  
Shikoku  
Toho

All newcomers who have reported to the base within the last five months are welcome to this FREE luncheon. All other cho residents, please call FFSC at 252-3604 for reservation.

Feeling lost in Sasebo? "Connections" is our way of making sure that no one in our community has that 'adrift' feeling. It only takes one friend to make a place feel like home, and this luncheon should give you an opportunity to meet at least one new friend and experienced community member. Join us for a free lunch and connect with the community. We can't wait to meet you!



# Base, community announcements

## Summer Wrestling Camp

The summer wrestling camp will run August 23 until 27, with individual appointments on August 28. Following the end of the camp on August 27 the first meeting for the Sasebo Wrestling Club will be held at the Liberty Room behind Harbor View Club. Any SOFA sponsored personnel interested in joining are invited to intend. There is still time to sign up the for the wrestling camp. For more information on the Sasebo Wrestling Club or the Summer Wrestling Club call Coach Macri at 252-2801, or email <c400@srfsas.navy.mil>

## Harpers Ferry Spouse Support Group

The Jewish High Holiday of Rosh Hashanah begins on the evening of Wednesday, September 15 and ends on Friday September 17. This year the Jewish community of Sasebo is planning to observe the holiday in Seoul, Korea. If you are observant, you can get no cost TAD orders to go to Seoul. Room and meals will be free to active duty members and their family; however, you will have to pay for the flight to Seoul. If you are interested, please contact LT Polansky at 252-3747 or the Chaplain's Office no later than Thursday, August 26.

## Sasebo Homeschool Support Group

Families that are homeschooling their children can sign up now for group Physical Education classes and Host Nation Classes at Hario for the new school year. Join the Homeschool support group for picnics, field trips, friendship and support. For more information call Mary 252-8195 or Kathleen at 0956 58 7875.

## Base Communications Office

New dialing procedure for all customers will be implemented effective September 1, 2004. To place an international call, dial 99 + country code + area code + phone number. For domestic calls to off-base numbers, dial 99 + Japan area code + phone number. To place a call to a cellular phone, dial 99-090. This will be a uniform (99) dialing procedure for all official and unofficial customers effective September 1, 2004. Due to this change, residential and organizational customers will now have one monthly bill for local and long distance calls. BCO monthly telephone bill will include international call charges starting with the bill for October 2004. Due to this change only two classes of services will be available: (1) With commercial access (both local and international) or (2) on-base only. Customers are also reminded of the Direct Inward Dialing system, which was activated

on June 15, affecting dialing from off-base, out of Japan, a cellular phone or a Japanese pay phone to any on base number. The old procedures will remain operational until December 31, 2004. Customers are encouraged to use the new procedure as follows: From off base and within the Sasebo area, using the last four digits of the number, dial 50. From off base and out of the Sasebo area, dial 0956-50. From the U.S., using the last four digits of the number, dial 011-81-956-50. For more information about these services, please call 252-3200.

## Voting

If you are already a registered voter and would like to vote in the Primaries for your state you will need to send out your absentee ballot two weeks in advance of the election day. If you have registered but have not yet received your absentee ballot see the Staff Judge Advocates Office for assistance. For those who would like to register but have not yet done so please see the SJA's office.

The Primaries for the month of August for overseas voters are as follows: August 24 for State Primary and Presidential, Florida August 31.

The State Primaries for September are Arizona and Nevada September 7, Delaware September 11, Washington D.C., Massachusetts, Minnesota, New Hampshire, New York, Rhode Island, Vermont, Washington and Wisconsin September 14, Hawaii and Louisiana September 18. For more information contact the SJA's office at 252-3385.

## Parking Certificates

Beginning Sept. 1, 2004, most SOFA-sponsored vehicle owners, who live more than two kilometers from a U.S. installation, will be required to obtain a Certificate of Custody Space for Vehicle (parking certificate and sticker) from their local Japanese police chief as part of their initial vehicle registration process. According to USFJ officials, the new vehicle registration requirement is based on a law designed to ensure vehicle owners don't park on the streets to alleviate congested roadways. This procedure will apply to all personnel registering their vehicles for the first time, as well as to any personnel changing their designated parking space, on or after Sept. Some personnel who live in less populated villages and counties may be exempt from these requirements. Personnel should check with their local installation officials to determine whether they are exempt. The cost for the parking certificate varies by prefecture, but the average is 2,200 yen for the parking permit and 550 yen per car for the sticker. Refer to your local base vehicle registration office for more details regarding parking certification in your area.

## Traffic Court

Traffic court is held every first and third Wednesday of the month at 1 p.m. at the Safety Office, located on the first deck of the Public Works building. All Active Duty personnel are required to be there in uniform. Call 252-5539 for more information.

## Used Car Sales Event

The next Used Car Sales event will be held July 17 - 18 in the Branch Medical Clinic parking lot. Sponsored by Navy Ball Association. Hours are: Friday 5 - 7 p.m., Saturday 9 a.m. - 7 p.m. and Sunday 10 a.m. - 3 p.m. Ten percent of purchase price goes to the sponsoring organization.

## Harpers Ferry Spouse Support Group

The USS Harpers Ferry Spouse Support Group meets the third Friday of each month at the Harbor Cafe at 5 p.m. If you are a Harpers Ferry spouse, please join us. Kids are welcome. Have some coffee and find out what's going on.

## Fort McHenry Family Support Group

There will be a pool party on Saturday August 28 at the Main Base Pool from 7:30 pm to 10 pm. Please bring your favorite picnic dish to share. For these events to be successful, we need our families to participate. Please come and join us for these fun family summer activities. For more information please contact the care line at 252-8022.

## Juneau Support Group

The USS Juneau Family Support Group meets the second Thursday of every month starting in June, at the coffee shop in Harbor View Club from 6 - 7 p.m. If you are a Juneau spouse, please join us to meet and greet one another. Kids are welcome. There will be no babysitting provided.

## Essex Family Support Group

The USS Essex Family Support Group meets the third Tuesday of each month at the Community and Education Center in the Fellowship Hall at 6 p.m. Children are encouraged. Please bring a potluck dish to share. For more information call 0956-32-2177.

## NEX Notes

### Extension of hours

Navy Exchange Sasebo welcomes USS John C. Stennis (CVN 74) and Battle Group. We will have special hours of operation Aug. 21-

Aug. 24.

Mini-Mart 7 a.m.-11 p.m. Other Retail Stores 9 a.m.-9 p.m. Bayside Foodcourt 6:30 p.m.-11 p.m. JENS 9 a.m.- 11:30 p.m. Pack N' Wrap will be located at bldg 130 temporarily and opens from 9 a.m.-7 p.m.

### Yamashita Pearl Sale

30 percent off on all Yamashita Pearl Jewelry are available at Main Store fine jewelry department now through August 24.

### August Promotion

Buy two cards, get \$1 off! Promotion runs through August 29 at the Fleet Exchange first floor and Hario Home Store.

### Hemming Program

NEX will hem uniform for free. This program includes the following: Hem military trousers and slacks, Hem military skirts, Adjust length of military coats, shirts, blouses and maternity tops, as needed. - Shorten sleeves on military coats, blouses, and maternity tops, as needed. Please see a Tailor/Uniform Center associate for assistance or additional details.

## Birth Announcements

A service of FFSC New Parent Support and *Sasebo Soundings*

### Kai Alexander Thorpe

Born at 4:01 p.m. 3 July in Higashijima Ladies Clinic to Mother, Tia Thorpe, and Father, Gysgt. Alex Thorpe of Embarkation. Kai Alexander weighed 7 lbs 13 ounces at birth. Both Keith and Adrian, are excited to have a baby brother to play with.

### Kiara Kei F. & Keaton Ryu F. Feliciano

Born at 4:15 p.m. (Kiara) at 4:18 p.m. (Keaton) on 21 July in Okinawa Naval Hospital to Mother Glenda F. Feliciano, and Father CS1 Jerome M. Feliciano of USS Juneau. Kiara Kei weighted 5lbs 14oz and Keaton Ryu weighted 5lbs 3 oz at birth.

### Erika Frances Blackburn

Born 2:02 p.m. on 30 June in Higashijima Ladies Clinic to Mother Kaoru Blackburn, and Father MA1 Tom Alan Blackburn of CFAS Security. Erika Frances weighted 8lbs 6oz at birth.

### Asher Montgomery Posey

Born 00:29 am on 30 July in Higashijima Ladies Clinic to LT Mother Cynthia Apple Posey of COMCM DIV ELEVEN, and Father LT Ryan Andrew Posey of USS Guardian. Asher weighted 6lbs 5oz at birth.

*Congratulations to these proud parents and welcome to this wonderful new addition to our Sasebo Navy family.*

See LaDonna Kolman, FFSC-Sasebo New Parent Support Nurse, to have your baby's birth announced in *Sasebo Soundings*.



# CLASSIFIEDS

## VEHICLES

(Exp. Aug. 21) **1994 Honda City**, JCI' 06, asking \$1400 OBO Call Heriberto 252 8589.

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(Exp. Aug. 21) **1996 Toyota Corolla Station Wagon**, JCI' 05, asking \$1500 Call 080 5204 4958.

\*\*\*\*\*

(Exp. Aug. 28) **1993 G/T Nissan Skyline**, asking ¥7,000. Email <Aomori72@aol.com> or call 090 9406 6240.

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(Exp. Aug. 28) **1991 Nissan Primera**, JCI' 06, asking \$1,800 OBO. Call Roland @ 252-3701 or 252-8370.

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(Exp. Aug. 28) **1989 Toyota Mastersurf**, JCI' 05, asking \$1800 OBO. Call Amor 252-2125 or 252-8133.

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(Exp. Aug. 28) **1993 Toyota Ceres**, JCI' 06, asking \$1500 obo. Call Warren or Cora 252-7343 or 090 9727 9829.

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(Exp. Sept. 4) **1992 Toyota Estima Van**, JCI' 05, asking \$2700 obo. Call Lara at 090 8419 8985 or 252-7403.

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(Exp. Sept. 11) **1994 Eunos Van**, JCI' 06. Call 252-8191 or 090 1368 6271.

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(Exp. Sept. 11) **1993 Toyota Sprinter**, JCI' 06, asking 1900. Call Rob 252-3088 or 090 9324 8854.

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(Exp. Sept. 11) **1992 toyota Estima**, JCI' 06, asking \$1000. Call 252-8614.

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(Exp. Sept. 11) **1994 Eunos**, JCI' 06, asking \$2500. Call 090 1368 6271 or 252-8191.

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(Exp. Sept. 11) **1996 Toyota Corsa**, JCI' 06, asking \$1600. Call 252-8474 or 080 3223 0679

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(Exp. Sept. 11) **1992 Mazda Eunos**, JCI' 05, asking \$2200. Also selling, **1993 Honda Accord**, JCI' 04, asking \$1800. Call Brenda at 090 2960 3520.

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## LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

\*\*\*\*\*

## MISCELLANEOUS

(Exp. Aug. 21) Phone rights asking \$250. Call Anna 50 8351 or 080 5247 1775

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(Exp. Aug. 21) Black dresser w/ six drawers asking \$75. Balck television entertainment center asking \$75. Phone rights asking \$400. Call Melissa 252-7406

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(Exp. Aug. 21) Plants for sale. Let me help you select the right plant for your gardening skill and/ or location. Call 252-8455 or 090 458 64947.

\*\*\*\*\*

(Exp. Aug. 21) Seven piece living room suite. Includes sofa, love seat, glass top 2 drawer curio coffee table, end table w/ 1 drawer, 1 suite lamp, and 1 3'2" plant stand. all for \$900. Call 090-458-64947 to view ahead.

\*\*\*\*\*

(Exp. Aug. 28) Phone rights \$225. Call Scott at 080 3944 6046.

\*\*\*\*\*

(Exp. Aug. 28) Looking for a good used car? Give me a call and I will take you to a place and provide all the Japanese translation for free. Please email <Aomori72@aol.com> or 090 9406 6240.

\*\*\*\*\*

(Exp. Aug 28) Phone rights \$250. Used Eddie Bauer playpen w/bassinnet, asking \$50. Used Double Stroller, asking \$50. Previously viewed DVDs Moulon Rouge and Jay and Silent Bob Strike Back, \$10 each. Please call Rick or Jennifer at 252-8359.

\*\*\*\*\*

(Exp. Sept 4) Transformer for electronics in asking \$60. Call Katherine 252-8536.

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(Exp. Sept 4) Phone rights asking \$300. 1 transformer \$75. 2 transformers \$100. Please call 252-7404 or 090 20 88 4149.

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(Exp. Sept 4) Phone rights, wood baby crib with mattress, stroller and carseat combo, baby bath, towels, wash-cloths, and receiving blankets. Make me an offer! Please call 252-8284.

\*\*\*\*\*

(Exp. Sept 4) Free wood Playhouse for backyard. Call 090 1368 6271.

\*\*\*\*\*

(Exp. Sept. 4) Lazyboy recliner rocker chair asking \$80. Heated roller set \$10. New kids castle set, for ages one through four years toddler safe, asking \$10. Call 252-7186.

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(Exp. Sept 4) Toddler sleigh bed and custom built twin bed frame with boxspring. Baby bathtub, baby back carrier

and case, monitor, carseat/stroller combo. Call 252-8202.

\*\*\*\*\*

(Exp. Sept 4) Celviano electric piano 52 keys asking \$750 OBO. Call Arcy 252-8563.

\*\*\*\*\*

(Exp. Sept. 4) Vagabond 42ft sailboat, ketch-rigged and center cockpit. Main cabin with king-sized beds and twin bunks in the second cabin. Two head showers. Propan fireplace/heater. Large galley with three buner-propane stove, oven, microwave, and refridgeration. 85hp Ford Lehman diesel engine, watermaker, full electronics and much, much more. Asking \$120,000. Call 090-3882-8616 or email at secondwind53@hotmail.com

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(Exp. Sept. 4) Bicycle that adjusts for any person. Includes helmet, tire pump, and Master lock w/key. Asking \$50. Call 090-5483-1475.

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(Exp. Sept. 11) Phone right for sale \$200 obo. Call Dawn at 252-7391 or 090 5494 3165.

\*\*\*\*\*

(Exp. Sept. 11) Baby boy clothes newborn sizes to 2T. Baby shoes sizes newborn to 6. Toilet trainer, walker, gym, diaper changer, playpen, double stroller, swing and toddler desk, package deal, asking \$100. Baby trend, sit'n stand double stroller, asking \$75. Two artificial greenery plants asking \$70. Womens clothing for all seasons, sizes eight through twelve. Three full boxes, package deal asking \$50. Ladies shoes size seven and a half. Curtains for master bedroom, guest room and dining room in the three bedroom tower, package, asking \$100. Call Grace at 252-8614.

\*\*\*\*\*

(Exp. Sept. 11) Hiking/Cycling backpack Deuter Futura-28 w/air cooling frame and rain fly \$50. Large Lowe Alpine technical pack w/axe loops and compression straps \$50. Extra large pro model scuba fins \$60, Four metal Bose speaker stand \$70, Two Aura car audio bass shakers \$50, Coleman 11 oz backpacking stove \$25, Large Kenmore microwave/convection oven \$100, Computer chair w/rollers ergonomic knee rest no back \$20, Panasonic HT700 home theatre DVD carousel, speakers and subwoofer \$175. Call Rob Brown at 909 5479 1045 or email <rob0brown@hotmail.com>.

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(Exp. Sept. 11) Two large rugs 140 x 103 \$50/each. Two Kerosene jugs w/battery operated pump \$20/both. Self Study Kana workbook \$15. Learn Japanese software \$10. Swiffer jetset \$5. Call 252-8191 or 090 1368 6271.

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(Exp. Sept. 11) Seiko Kinetic Divers watch asking \$350. Pearl Diamond ring asking \$110. Mens wedding band asking \$50. Ruby ring with diamonds asking \$700. Email <Greg.aomori72@aol.com>

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## HOME BUSINESS

### IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

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P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call sandra Hombeek at 090 5024 7139 to inquire about puppies or dogs and Itura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Karrie or Sandra.

\*\*\*\*\*

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

\*\*\*\*\*

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080 5201 7164 or ext.7302. Thank You.

\*\*\*\*\*

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. monies exchanged. <mauri@post.cc.sasebo.ac.jp> or 31-2863.

\*\*\*\*\*

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

\*\*\*\*\*

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base. Please call 252-7186 or 080 5050 6010.

\*\*\*\*\*

American Cooking Class. Practice your English and learn

to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

\*\*\*\*\*

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

\*\*\*\*\*

Exerienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

\*\*\*\*\*

French Language tutor contact Pierre at 090 3734 3509 or email <cramoisii@hotmail.com>

\*\*\*\*\*

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the

### Just to note...

- 1) Classifieds run for three consecutive weeks. **Home Business Classifieds** run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next *Sasebo Soundings Classifieds* is **Tuesday, 5 p.m.** at [soundings@cfas.navy.mil](mailto:soundings@cfas.navy.mil)
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed *Request to Engage in Private Employment*.
- 5) **ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!**

*Sasebo Soundings Editor*

specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

\*\*\*\*\*

Pacific Pixels Photography Specializing in family, silhouette and kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxing time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail <shirley@pacificpixels.com>

\*\*\*\*\*

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

\*\*\*\*\*

English Language Instructor-Call for lessons at 25-6563.

\*\*\*\*\*

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

\*\*\*\*\*

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

\*\*\*\*\*

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at <www.mdphotography.net>

\*\*\*\*\*

ADSL/Broadband setup and computer support; As the former USONet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

\*\*\*\*\*

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

\*\*\*\*\*

Piano Instructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

\*\*\*\*\*

## HELP WANTED

These are the most up-to-date announcements made to Sasebo Soundings as of Wednesday, 12 p.m.

## SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements: Applications for the following open-continuous

vacant positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files.

Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information.

Positions: **Substitute Teachers**, TP-1702-AA, \$87.50/day. **Educational Aid** (General), GS-1702-04. **Educational Aid** (Special Education), GS-1702-04. **Educational Aid** (Sure Start), GS-1702-04. **Office Automation Clerk/Assistant**, GS-0326-04/05. **Secretary**, GS-0318-05/06. **School Support Clerk/Assistant**, GS-0303-4/5/6/7

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## J.N. DARBY ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. Applicants must have a high school diploma. 15 college credit hours preferable. J.N. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-help skills. Minimum Qualification requirements: ability to cooperate with children with disabilities. Candidates should describe experience; education and/or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals.

\*\*\*\*\*

## VODAFONE

Vodafone, Sasebo Military Division is looking for part time applicants. If interested, please send your resume to: <vodafone-sasebo@aiaeros.ocn.ne.jp> or contact Vodafone manager at 252-3563.

\*\*\*\*\*

## HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.

\*\*\*\*\*

## STARS AND STRIPES

Stars and Stripes has a continuing need for newscarriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

\*\*\*\*\*

## UMUC

University of Maryland University College is seeking applications to teach from individuals with a master's degree or doctoral from a regionally accredited university in mathematics, English, business, computer studies or related fields. Application forms available at the Maryland office in the Community and Education Center (BLDG 155). A complete application would include a resume and copies of graduate and undergraduate transcripts. FMI, please call the Maryland main office in Japan at DSN 225-3690.

\*\*\*\*\*

## RELIGIOUS MINISTRIES DEPARTMENT

Full time pianist needed for Hario Village Protestant worship services. For more information please contact CFAS Command Chaplain Office at 252-3380. (Contract position).

The Jewish High Holiday of Rosh Hashanah begins on the evening of Wednesday, September 15 and ends Friday September 17. This year the Jewish community of Sasebo is planning to observe the holiday in Seoul, Korea. If you are observant, you can get no cost TAD orders to go to Seoul. Room and meals will be free to active duty members and their family; however, you will have to pay for the flight to Seoul. If you are interested, please contact Lt Polansky at 252-3747 or the Chaplain's Office no later than Sunday, August 29.

\*\*\*\*\*

## MWR

**REGULAR FULL-TIME POSITION:**

Library

**Library Aid**, NF-01, \$6/hr.

**FLEXIBLE POSITIONS:**

Youth/Teen Center (HV/MB), *SSN Required*

**Recreation Aide**, \$8.42/hr. (Teen/Pre-Teen Programs and School Age Care Programs) Recreation Aid, NF-01, \$6.50/hr. (Not to exceed six months.)

Child Development Center (MB), *SSN Required* **Education Aid**, GSE-02, \$8.42/hr, GSE-03, \$9.18/hr, GSE-04, \$10.31/hr.

Bowling Center

**Bowling Equipment Worker**, NA-05, \$9.12/hr.

**Service Counter Attendant**, NF-01, \$7.50/hr.

Sailing & Outdoor Recreation Center

**Recreation Assistant** (Sailing), NF-02, \$8.39/hr

**Recreation Assistant** (Paintball), NF-02, \$8.39/hr

Theater (Showboat/Hario)

**Snack bar Clerk**, NF-01, \$6/hr

**Motion Picture Projectionist**, NA-05, \$9.12/hr

Fleet Fitness Center

**Recreation Aide** (Gear Issue), NF-01, \$6.00/hr (Hario)

**Recreation Assistant** (Adult Sports), NF-02, \$8.39/hr (MB)

Galaxies

**Bartender**, NA-05, \$9.12/hr

**Bar Assistant**, NA-05, \$7.91 per hour

**Cashier**, NF-01, \$6/hr

**Club Operations Assistant** (Duty Manager), NF-02, \$8.39/hr

**Service Counter Attendant**, NF-01, \$7.50/hr.

Harbor View Club

**Cook**, NA-04, \$9.58/hr

**Club Operation Assistant** (Duty Manager), NF-02, \$8.39/hr

**Service Counter Attendant** \$7.50/hr Open until filled.

Liberty

**Recreation Aid**, (YAP), NF-01, \$6/hr.

Hario Gaming Room

**Cashier**, NF-01, \$7.50/hr.

\*\*\*\*\*

## NEX

Open Continuous Flexible Vacancies (OC'03)

Main Base & Hario

**Barber**, NA-7603-07, \$9.78/hr

**Beautician**, NA-7641-07, \$9.78/hr

**Sales Clerk**, NF-2091-01, \$6.00/hr

**Desk Clerk**, NF-1176-01, \$8.00/hr

New Part Time Vacancies (Main Base)

**Desk Clerk (Navy Lodge)**, NF-1176-01, \$8.50/hr

New Flexible Vacancies (Main Base)

**Sales Clerk**, NF-2091-01, \$6.00/hr, Main Store, Open until filled.

**Sales Clerk**, NF-2091-01, \$6.00/hr, Fleet Store, Open until filled.



MWR Athletics  
252-3588

# SASEBO SPORTS

Sasebo Sports  
Report  
252-2290

## Fitness Tip: Power up your legs with lunges

Alec Culpepper  
MWR Fitness & Aquatics Director

Add lunges to your leg training. Lunges are nearly as intense as squats, but because they're a unilateral movement, they help you develop more stability and single leg strength. They are a great control exercise. Use squats as your basic movement for adding muscle mass and incorporate lunges for improved balance, quad detail and cross-training power. Lunges will increase the depth and separation between your quads and add size to them just above the knee. This muscle is the vastus medialis which is one of the four quadricep muscles of the front upper leg. With most sports movements, you move your legs independently, whether you're running or leaping off one leg. Lunges are the best lower body power movement for developing your legs individually.

## Protect yourself by wearing a helmet

Charles Carr  
CFAS Safety Dept.

What do bicycling, horseback riding, baseball and in-line skating all have in common? Helmets! The trick is that different sports require a different type of helmet to help protect participants from the different types of head injuries common to that particular sport. All helmets are not created equal; beyond picking the right helmet for the sport, buyers should look inside the helmet for information on standards the helmet complies with. Bike helmets for example should carry a CPSC, Snell, ASTM, or ANSI sticker or labels.

### Fit is key:

A loose helmet cannot protect the head as well as one that is properly fit. The Bicycle Helmet Safety Institute suggests buying a brand and size that fits well prior to adjustments, and then using the adjustable straps and/or sizing pads to ensure a snug fit. Select a helmet that fits you or your child now, not a helmet to "grow into."

### Helmets save lives:

According to the Bicycle Helmet Safety Institute, a bicycle helmet reduces the risk of serious head and brain injury by 85 percent.

More than 70,000 persons need hospital emergency room treatment each year for injuries related to skateboarding according to the CPSC.



## Ready to race...

Swimmers not only competed with the intense heat, they also competed with each other during their swim meet Saturday, August 14 at the main base pool. Here swimmers line up awaiting the whistle to start the girl's 50 meter freestyle race. The children competed with each other in their respective age groups, ranging from as young as five to age 15. Competition took shape in several different races, including freestyle swimming, breast stroke, back stroke as well as relay races. As their season for competition winds down, the swimmers displayed true competitive spirit and good sportsmanship all summer long. (Official U.S. Navy Photo by JOSA Jeff Johnstone)

Head injuries cause three-quarters of about 900 bicycle deaths each year, according to the Bicycle Helmet Safety Institute, a helmet advocacy program of the Washington, D.C.-area Bicyclist Association.

Another 82,000 people suffer brain injuries each year while playing sports such as baseball and football, etc., according to the Brain Injury Association in Alexandria, Va.

Brain surgeons and doctors across the U.S. agree that wearing helmets can save lives.

Both children and adults should wear the appropriate helmet when participating in the following sports, or any recreational activity where head injuries are a risk:

baseball, bicycling, football, inline skating, rock climbing, skateboarding and softball.

For handling sports-related injuries and other emergencies, everyone should be trained in first aid.

## Sports results, upcoming events:

### NEW POOL HOURS

#### Main Base Pool

Monday Aug. 30 — Sunday Sept. 26

Mon - Fri

6 a.m. - 8 a.m.

11 a.m. - 12:30 (Lap Swim)

4 p.m. - 7 p.m. Mon - Fri

(Open Swim)

Sat, Sun & Holidays

11 a.m. - 7 p.m. (Open Swim)

Sept. 27 closed for the season

#### Hario Pool

Monday Aug. 30 — Monday Sept. 6

Mon - Fri

4 p.m. - 7 p.m. (Open Swim)

Sat, Sun & Holidays

11 a.m. - 7 p.m. (Open Swim)

Sept. 7: Closed for the season

### UPCOMING SPORTS:

#### Prediction 5K Fun Run:

Monday, August 23. Run starts at 5:30 p.m. in Nimitz Park.

Enjoy this 5K run where the winner isn't the fastest time, but the runner who is closest to their predicted time! Awards will be given to top predictors in each division. Watches not allowed!

#### Dog Days 5K Run:

Friday, August 27<sup>th</sup>, 5:30p.m., Nimitz Park. Get out of the AC and into the heat! Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Master, and Senior). Entries Due: Wednesday, August 25<sup>th</sup>.

#### Dog Days Golf Tournament:

First Tee Time is at 7:30 a.m. Saturday, August 21<sup>st</sup>, Tsukumo Golf Course. Enjoy another round of golf in this 2-person scramble tournament. A \$5 fee is required at the time of registration. Entries are due by Tuesday, August 17<sup>th</sup>.

### Summer Wrestling Camp: Aug. 23-27

Individual appointments are on Aug. 28.

A \$2,500 camp is available for a donation of

Under \$50! (we also have scholarships!)

Run by 10-year veteran coach

from the University of Minnesota.

Open to all ages, students or adults

Following the end of the camp on Friday, 1700 Aug. 27 we'll have the first meeting of the Sasebo Wrestling Club in the Liberty Room.

If you are in middle/high school or an adult, there is still time to sign up for Wrestling Club.

Contact Coach Macri at 252-2801

or <C400@srfas.navy.mil>

